

## ABSTRACT OF THE DISCLOSURE

A seat carrier for a chair, in particular office chair, comprises an adjustable-length, blockable gas spring that is mounted by one end on a supporting frame. A valve actuation rod is extended out of the gas spring parallel  
5 to the longitudinal axis thereof; it is pivotably mounted crosswise of its longitudinal direction and pivotable from a position of rest into an open position of a valve for release of blockage of the gas spring. A lever element for operation of the valve actuation rod is articulated to the supporting  
10 frame via a pivot joint that runs parallel to the longitudinal axis of the gas spring; it comprises a valve-actuation-rod entrainer, which is laterally spaced from the pivot joint, as well as at least one lever arm, the end of which that is spaced from the pivot joint being connected to an operating element. The lever element enables the gas spring to be operated with minor  
15 constructional requirements.